

FASTING “REGULATIONS”

STRICT ABSTINENCE

The law of strict abstinence forbids the use of meat, eggs and dairy products or any of their byproducts. **All faithful adults, who receive Eucharist, are obliged to observe strict abstinence on the first day of the Great Fast (Monday 2/16), on Great and Holy Friday as well as all day on Holy Saturday, until midnight.** The traditional observance of strict abstinence in the Byzantine Catholic Church is observed for the entire 40 days of Lent.

This 40 Day observance is voluntary.

SIMPLE ABSTINENCE

The law of simple abstinence forbids the use of meat or meat byproducts, permitting the use of eggs and dairy products. *All faithful adults, who receive Eucharist, are obliged to observe simple abstinence on all Wednesdays and Fridays during the Great Fast.*

THOSE WHO ARE EXEMPT FROM THE FASTING REGULATIONS

Expectant and nursing mothers, infants, those with serious health conditions, and those under physicians orders are exempt from the laws of strict abstinence.

Explanation of Lenten practices in the Byzantine Church

The 40 Days

Byzantine Lent begins on the Sunday evening (which begins Monday) before what in the Latin Church would be Ash Wednesday. The forty days of Lent are counted continuously including Saturday and Sunday from Monday up until Great Week (Holy Week). Great Week is a separate penitential week in itself.

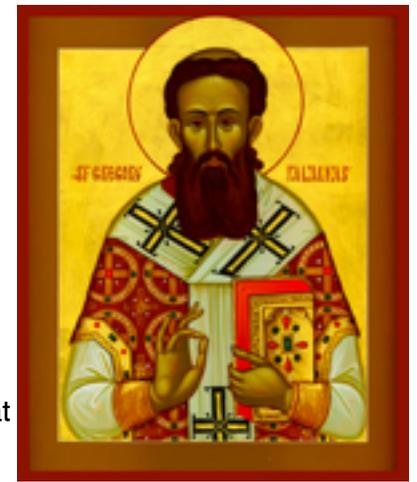
Great Canon of St. Andrew of Crete

This is a Matins service but usually celebrated in the evenings during Lent. Through poetic and poignant verses the Great Canon takes us through the entire Bible denoting instances of sin, repentance and redemption.

Pre-Sanctified Liturgy

Since the Divine Liturgy has a Resurrectional element, the Byzantine tradition abstains from celebrating the Divine Liturgy during the weekdays of Lent. But since the Eucharist is essential to our spirituality, the Byzantine tradition celebrates the Liturgy of the Pre-sanctified Gifts where we receive the Eucharist that has already been consecrated during the prior Saturday or Sunday Divine Liturgies.

St. Gregory Palamas



On the second Sunday of Great Lent the Church commemorates St. Gregory Palamas, archbishop of Thessalonica. This celebration is connected with the burning disputes of the 14th century about whether or not it was possible for man to have direct communion with God. There were theologians who said that this was not possible, that an insurmountable chasm existed between God and man which could not be surmounted by any ways or means. However, there were others who maintained that it was possible for man to have communion with God in His essence.

St. Gregory Palamas, who for many years was an Athonite monk and later became the archbishop of Thessalonica, based on the writings of the Holy Fathers, formulated the teaching that God is unseen and unknowable in His essence but could be seen and known in His actions, or energies. When this teaching triumphed at the Councils in Constantinople, the Church proclaimed that henceforth the memory of St. Gregory Palamas and these Councils would be celebrated on the second Sunday of Great Lent, as if to continue the celebration of the Triumph of Orthodoxy which is celebrated on the first Sunday of the Fast.

St. Gregory Palamas said that the essence of God is inaccessible and that the human heart and mind is unable to understand or comprehend God. God will always be a mystery to man, but nonetheless, through His Divine energies and actions, He in many and various ways (Heb 1:1) reveals Himself to man.

This occurs when man receives the Holy Mysteries of Christ (the Eucharist) and with his entire spiritual and physical being is cognizant that he has received within himself not simply bread and wine but the Body and Blood of the incarnate Son of God. In coming to church and communing in her Mysteries, we commune of the grace of God, we commune of the actions and energies of God, which is what St. Gregory Palamas spoke about. He also said that God's energies are inseparable from His essence, that in communing with the actions and energies of God we also commune with His essence, because the division between essence and energies is not in God Himself but in our mind. This is only one of the attempts to theologically explain the mysterious interaction between man and God, which is expressed in the fact that God is always outside our perception of the mind and intellect, always outside of our understanding, but at the same time he is always there within us, and through the Mysteries of the Church and through prayer we are able to spiritually and physically commune with God.

This is the Triumph of Orthodoxy that we are celebrating again today, we glorify God for the fact that in His Mysteries and ineffable energies and actions He reveals Himself to each of us and because our life is filled with the Divine presence and outpourings of God's grace, which transfigures our entire life, reveals to us the highest heights and allows us, while still living here on this earth, to be communicants of the Kingdom of God.

MARCH

The Great Fast Calendar of Lenten Services

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4 Pre-Sanctified 7pm	5	6	7 All Souls Liturgy 8am Communion Bread Class	
8	9	10	11 Pre-Sanctified 7pm	12	13 Pre-Sanctified w/ All Souls 7pm	14 Pysanky Class	
15 Parish Luncheon	16	17	18 Pre-Sanctified 7pm	19 Andrew of Crete 7pm	20 Akathistos 7pm	21 Lenten Movie Noon	
22	23	24	25 Divine Liturgy Annunciation 7pm	26	27 Pre-Sanctified 7pm	28 Divine Liturgy LAZARUS 8am	
29 Palm Sunday	30	31	GREAT AND HOLY WEEK <i>There will be a seperate schedule for this week</i>				4

Prayer of Saint Ephrem (the official Byzantine Lenten Prayer)

O Lord and Master of my life, spare me from the spirit of indifference,
despair, lust for power, and idle chatter.

Instead, bestow on me, your servant, the spirit of integrity, humility, patience, and love.

Yes, O Lord and King, let me see my own sins and not judge my brother and sisters;
for you are blessed forever and ever. **Amen**

Prospora Class



Learn the art of making Prospora (*Communion Bread*). This will be a hands on experience where you will help to make the bread that will eventually become the **Body of Christ!**

Sat. Mar 7th - 10am to 4pm
*this will be an all afternoon class
please bring lunch*

Pysanky Classes

**Learn the venerable art of
Easter egg decorating**

No experience required. You are welcome to come any time but do plan to stay for a couple of hours. Please also bring a lunch.



Sat. Mar 14th
10am to 3pm
(Rectory lower level)

The Annual Cleaning of the Pews

Join us as we prepare the church for Pascha

**Saturday
March 28th**

starting at
10:00AM

